

Course Title:	Myofascial Release and Its Application to NDT Techniques (3-day)
Date:	15 th – 17 th August 2016 (Monday – Wednesday)
Venue:	Hong Kong Red Cross Princess Alexandra School 8-9 Rehab Path, Kwun Tong, Kowloon
Course Instructor:	Brenda Lindsay PT, C/NDT Gail Ritchie OTR/L, C/NDT
Organizer:	Frontier Teaching and Therapy Consultancy Limited www.frontierttc.com
Course Participants:	Qualified OTs, STs and PTs
No. of Participants:	40
Course Fee:	Apply Before: 31.12.2015 • HKD 5000 31.1.2016 • HKD 5200 29.2.2016 • HKD 5400 30.4.2016 • HKD 5500 (Including a course book and course manual)

Course Description:

Fascia is a web of thin elastic tissue, which exists, in continuous layers throughout the body. Muscles, bones and all other structures inside the body are organized and supported in this web. When atypical posture and movement alter the natural and efficient alignment of the skeleton, the fascial system adapts by contracting and bonding. It will shorten, thicken and attach itself to neighboring structures in an effort to support the current alignment of the individual.

As therapists we can improve our clinical decision making skills by forming and testing hypotheses regarding critical impairments when treating children diagnosed with multiple system impairments such as cerebral palsy, congenital hypotonicity, and other neuromotor impairments.

In this symposium we will review the Fascial system as it relates to individuals with atypical posture and movement. The primary focus of this workshop will be on the hands on treatment, using MFR addressing the musculoskeletal system that is needed prior to facilitation of movement. Discussion on the creation and execution of therapeutic intervention and clinical decision making to assure success will be incorporated. A combination of didactic, video examples, and laboratory learning experiences will emphasize the integration of MFR and the NDT framework as the foundation for intervention when treating individual's with central nervous system dysfunction.

This workshop focuses on the basic myofascial releases as it applies to soft tissue elongation and NDT facilitation. This material is useful for therapists working with either adult or pediatric populations.

Learning Objectives:

Following this course, participants will be able to:

- Assess and understand the function of the fascial system.
- Identify critical fascial restrictions interfering with motor function related to functional outcomes.
- Define MFR techniques for neurological impairment(s) and problem solve when to use which technique(s) and why.
- Apply MDR techniques to elongate muscle groups.
- Apply MFR with movement.
- Apply treatment NDT techniques and strategies to increase mobility and enhance stability via facilitation of movement.
- Integrate handling strategies learned in lab into daily practice